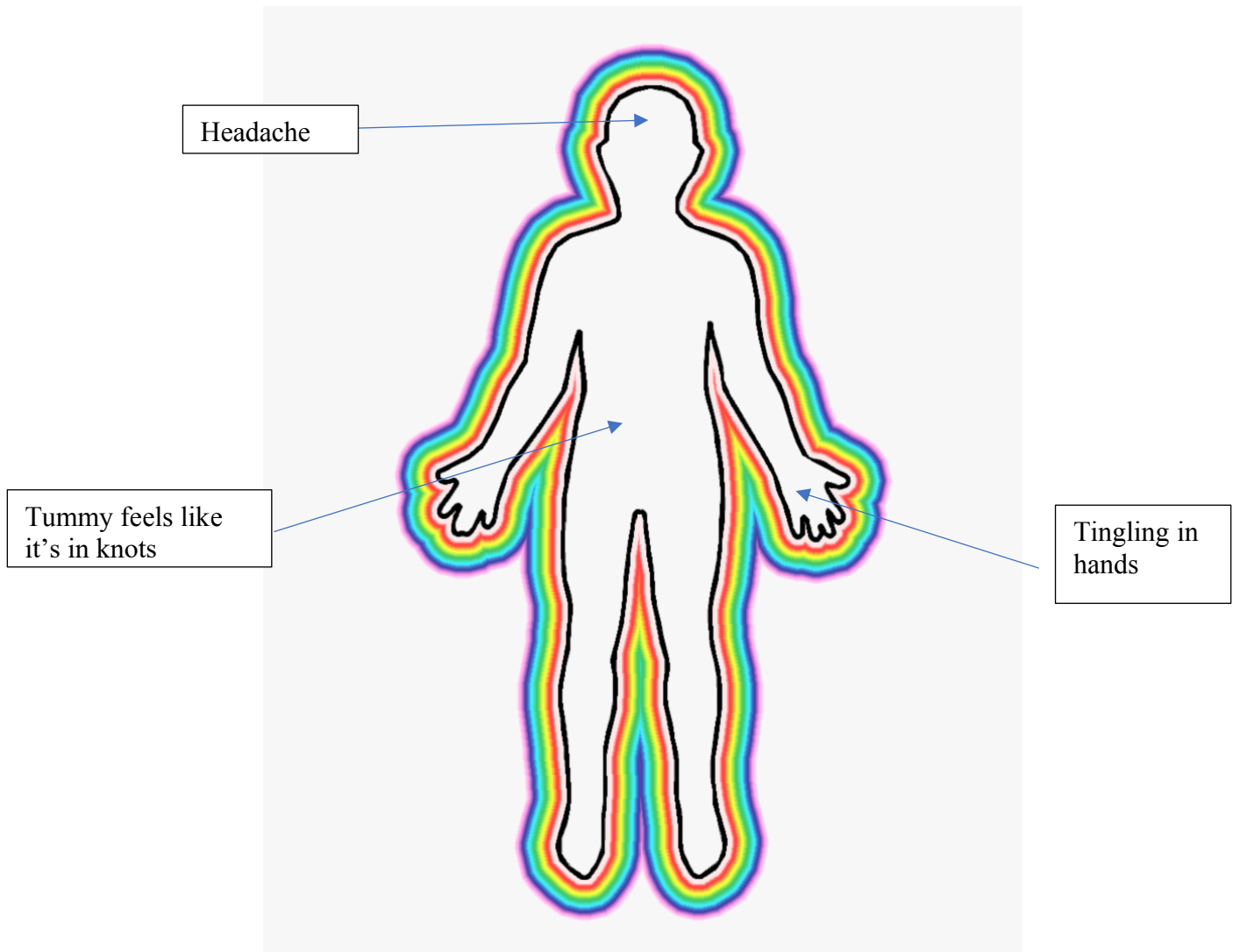


Mentoring

Now it's your turn when you feel angry, what happens to your body?



This can happen when we feel anxious, upset, and angry
Now it's your turn, what happens to your body when you are upset and how do you control this?

Mentoring

